By Christina Baldwin
Board Member, Island Senior Resources

You cannot “give” someone a hug without getting a hug yourself, and you cannot “get” a hug without giving one. A hug is a circle of two bodies, four arms, and big smiles. The reciprocal nature of volunteering is like a hug: it warms the hearts of those who have a need and those who offer to meet that need. How we notice and respond to each other’s needs creates a village of volunteerism.

When a neighbor noticed me struggling to heft a piece of furniture into my SUV, he stopped his car, jumped out, and helped. We exchanged a hug, and he went on home. That’s informal volunteering.

As an organization responding to consistent needs, Island Senior Resources needs consistent volunteers: someone to deliver meals, help participants at Time Together, or serve lunches at Brookhaven. That’s formal volunteering.

When Cheryn Weiser started managing ISR in 2010, she commented, “We had a pool of 450 volunteers. In 2018, we have 320. Our volunteer force ages out. ” They become the other part of the hug and are now the ones who need support and services. As “the Island” ages together and new people arrive, our community faces shrinking funds and growing needs. Scrolling through the online community guides, the range of volunteer needs is evident. “We need help,” says Weiser, speaking of ISR.

Fortunately, people like Marty and Sara Benum make volunteering a core aspect of their retirement. “We don’t have a lot of money, but we have a lot of time,” says Marty. “Sara works for Good Cheer, together we do Hearts & Hammers, and I’ve driven for Meals on Wheels for fourteen years.”

By Carly Waymire
Program Coordinator, Oak Harbor Senior Center

September is such a fun-filled month, not only is it my birthday month but it’s also National Senior Center Month! It is important to take time to recognize the Senior Center and value its presence in the community. The Oak Harbor Senior Center is a place where community members over the age of 50 can grow, learn, and connect. We are so fortunate to have over 700 active members and great support from the community. Edna Schultz explained to me how she started volunteering 26 years ago serving pancake breakfast on Sundays. I typically see Edna at least three times a week when she comes to play cards. Edna told me, “I did a lot of volunteering because this place means a lot to me.” The Oak Harbor Senior Center is a place where Edna can comfortably play cards and socialize with her peers.

Another member, Suzanne Hathaway told me how she saw a picture of the line dance class in the newspaper a few years ago and decided she would give it a try. She joined the class, had a lot of fun, and made some friends. Then, her hus-

Edna Schultz, member since 1990, shuffles cards for the pinochle players

QUESTION OF THE MONTH: WHY IS BEING PART OF A COMMUNITY IMPORTANT TO YOU?

Marty Benum, 77
Clinton
“We have a great community for helping others. Driving for Meals on Wheels program lets me help others. I get more from helping others than it costs me to do it. Get involved!”

Harriet Vick, 67
Oak Harbor
“Right now being part of a community has brought me friendship.”

Peter Van Giesen, 74
Clinton
“Everyone knows my name, which isn’t always a good thing.”

Elizabeth Harrison, 55
Oak Harbor
“Community is important because belonging is a human need. Volunteering at Oak Harbor Senior Center, I see when people reach out, learn, listen, and share; we create a thriving community!”

Jim Lapinski, 203 years old or 71
Greenbank
“The fun of playing Bridge Thursday mornings at the Island Resource Center. Come on down and play!”

Proud supporter of Whidbey Island community events and your source for What’s Happening on Whidbey Island
www.whidbeyweekly.com
390 NE Midway Blvd #B203 • Oak Harbor • 360-682-2341
‘Living in a Village’ is about finding meaning, connection and contribution. What brings meaning into your life? Is it that special moment with a grandchild as he or she discovers something new? Is it sitting at Ebey’s Landing sharing a gorgeous sunset with a friend or partner? And, where does joining others in our community in contributing to the common fit into your schedule?

Our senior years are a time when meaning shifts away from work or career. What comes next? Is it sitting at Ebey’s Landing sharing a gorgeous sunset with a friend or partner? And, where does joining others in our community in contributing to the common fit into your schedule?

Our senior years are a time when meaning shifts away from work or career. What comes next? Is it sitting at Ebey’s Landing sharing a gorgeous sunset with a friend or partner? And, where does joining others in our community in contributing to the common fit into your schedule?

Volunteering Is Good for Your Health

Some of us choose to help at the food bank every week, mentor children in reading twice a week, sort items at community organizations to thrive in good times and bad times. Volunteering is a cornerstone of American life allowing many community organizations to thrive in good times and bad times. Over the last 20-30 years, the number of volunteers in all varieties of private and public nonprofit organizations has been shrinking. Ask your local fire department, parks department, or the many other nonprofit organizations that compete for precious volunteers in Island County. What if each member of our village volunteered at least once per month in some way for an organization that they care about? What if every family chose a volunteer activity to devote energy to once a month? Our wonderful Island communities would be even more amazing and better able to withstand the vagaries of funding cuts and expanding community needs that we have now.

At Island Senior Resources, you can volunteer once a month, every week, every other week. You can get involved at Senior Thrift, Time Together Adult Day Program, Meals on Wheels and local meal sites, medical transportation, or helping out at the Front Desk at the South Whidbey Senior Center. With a growing number of seniors looking for the resources we provide to ‘age in place,’ we need every volunteer we can find. Join us!

Tell Us What You Think!

Go to our website, www.senior-resources.org/feedback and tell us what you think. We are listening.

• Work for a cause
• Feel personal satisfaction
• Learn and serve
• Grow from the experience
• Explore new opportunities
• Meet new people
• Be part of a team
• Share your knowledge
• Meet new people
• Be a positive influence
• Explore new opportunities
• Grow from the experience
• Develop new talents
• Learn and serve
• Feel personal satisfaction
• Work for a cause
• Make new friends
• Keep active

For more information on volunteering for Island Senior Resources, please call (360) 321-1600. We need you. Our programs depend on the generosity of volunteers. We can’t do what we do without volunteers. There are all kinds of ways you can help. Tell us what you’d like to do and when you’d like to do it. Get started on your path to a healthier mind and body. Please call today.

Learn the art of baking WITH KING ARTHUR FLOUR

Our Baking School welcomes all bakers, no matter your skill level or baking interest. Classes range from introductory demonstrations for beginners to intensive, week-long professional courses, with a wide variety of hands-on classes for adults and children. Our expert instructors will teach you to master any baking technique with ease. See the full schedule online at: KingArthurFlour.com/school

How to Reach Island Senior Resources

For all departments and all staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels

Aging & Disability Resources

Family Caregiver Support

Time Together Adult Day

CamBey Apartments

In Home Care

Case Management

Medical Transportation

Volunteer Services

SHIBA

Senior Thrift 360-331-5701

For more information, visit www.senior-resources.org

Our Locations

Island Senior Resources (Bayview)

14594 SR 525

Langley, WA 98260

Oak Harbor Senior Center

(in collaboration with Oak Harbor Senior Center)

51 SE Jerome St

Oak Harbor, WA 98277

Camano Center

(in collaboration with Camano Center)

606 Arrowhead Rd

Camano Island, WA 98282

CamBey Apartments

50 N Main St

Coupville, WA 98239

Senior Thrift

5518 Woodard Ave

Freeland, WA 98249

For more information call: (360) 321-1600 or (306) 678-3373

Island Senior Resources Board of Directors

Cyndi Trowbridge: President

June Nalon: Vice President

Mari Greshowak: Treasurer

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Leo Baldwin

Kathryn Beaumont

Vickie Hagley

Julie Joselyn

Marie McElligott

Tori Mendolia

Jason Prude

Diane Ruber

Chris Schacker

Executive Director: Cheryn Weiser

Please contact Island Senior Resources (360) 321-1600 or (360) 678-3373 if you are interested in applying to join the Board. Special interest in North Island applicants.
“When we ask for what we need and offer each other what we can, we enter a dance of unavoidable reciprocity. We are doing a two-step exchange of needs and offerings, and the whole village is dancing.” — Christina Baldwin

Isolation and Loneliness Can Hurt Your Heart

A discussion series for seniors about loneliness.

Facilitated by: Sue Mills, Author and Educator

 loneliness has become a public health issue. Former U.S. Surgeon General Vivek Murthy of the Obama Administration says the most common pathologies he saw during his years of service “was not heart disease or diabetes; it was loneliness.”

Join us for a three-part discussion series exploring the difference between alone, lonely, and isolated. In today’s world, how does the impact on health, how it happens and how could you help yourself or others.

The Importance of Understanding Isolation and Loneliness

Sept. 27th

In today’s world, what is isolation and loneliness? What do they look or feel like and how does each impact health? Learn why loneliness has become a public health issue.

How Does It Happen?

Oct. 4th

Learn how to recognize the journey to isolation or how feelings of loneliness grow from occasion to occasion, how loneliness can produce unhealthy feelings that hurt your health and impact your enjoyment of life.

What Can Be Done About It?

Oct. 11th

There is no doubt that loneliness and isolation are considered a health hazard. What can you do to help someone (or yourself) address isolation or loneliness? Learn what actions can make a difference and what resources are available to you today.

“Is it recommended that you attend all sessions.”

Dates:

Thursdays, Sept. 27th – Oct. 11th

Time: 1:00pm – 2:30pm

Location: Island Senior Resources, Bayview Center

Cost: Participants will need to purchase a textbook for $5.

Registration is required, please register at:

Email sue@effectivetimes.org • Phone 360/593-5003

Reserve your spot today!

September 2018

Volunteer continued from page 1

I interviewed Bernen and others in this article at this year’s Volunteer Appreciation luncheon, held in mid-July. Marty says, “I was in the newspaper business, so delivery routes and customer service was all transferred to Meals on Wheels. To show up on a winter’s day, bring someone hot food and conversation, that’s the best.”

Leilani Gonzalez, volunteer at the south-end Time Together program for a decade says, “I have so much fun, I’m just going to keep volunteering until someday I’m a participant! I get to be one-on-one with people and get to know them and their families or caregivers. Seeing their gradual decline is the hard part, but I’m not afraid to look at this stage of life, and I want to make it as happy as I can.”

Bettie Cameron, a volunteer at the north-end Time Together program, recently moved in with her daughter on 13 acres north of Oak Harbor. “It’s a little isolated, so I decided to get out of the house and move involved in my new community. Time Together appealed to me because it’s a more intimate experience. It’s fun to be with so many different people—right where they’re at. We play games and puzzles, sing songs, and do exercises. It becomes a fun day to do once a week.”

Susan Graham, now a driver for medical transportation, used the service before volunteering to provide it. “I cared for my daughter who had cancer for seven years before she died. When I was free to help, I wanted to do something positive for others. I like the driver program because I have my own hours and schedule. I don’t go to Seattle in my old car, but I’m up and down the island and over to Mt Vernor. One of the ladies I drive has some dementia. I treat her with love and respect, the way I would want someone who has some dementia. I treat her with love and respect, the way I would want some –

But volunteering has introduced me to a tight-knit family of friends. I love learning about our different backgrounds. But volunteering has introduced me to a tight-knit family of friends. I love learning about our different backgrounds. And I am constantly overwhelmed by the generosity of the community. The quality stuff that comes through here is amazing.”

Storme pauses to laugh. “A few years ago, I heard someone say, ‘The best part is, we all wind up wearing each other’s clothes!’ Just like the folks I work with, the items I sort have a second/third/fourth life. I love being part of that chain.”

Where are you in that chain? Call ISR at 360-321-1600 or 360-678-3373 to find out how to volunteer. Be part of a village of hugs.

WEB LINKS to INFORM & INSPIRE...

When you have a few quiet moments, visit senior-resources.org/weblinks. There, you will find web links to resources that will provide information and shine a light of inspiration to help you navigate today and tomorrow. Each month we will add new resources, so keep checking back. You can also reach the links from our homepage www.senior-resources.org and click “Links” in the upper right corner.

• Volunteering and its Surprising Benefits
• 14 Ways to Help Seniors Avoid Isolation
• A Senior’s Guide to Computer Basics
• Learning a New Skill Works Best to Keep Your Brain Sharp

People caring about people.

Highly skilled professionals providing physical, occupational, and speech therapies.

24 hour compassionate nursing care.

Dedicated to our community.

Family owned and operated since 1986.

311 NE 3rd St • Coupeville • 360-678-2273 360-321-6660

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**SEPTEMBER HIGHLIGHTS**

**at Island Senior Resources**

**Dementia Care Classes for Unpaid Caregivers**

Sept. 11 – Let’s talk about the Brain: The Impact of Dementia

Understand how the brain changes with dementia and the reasons behind challenging behaviors.

Sept. 25 – The Caregiver Journey: The Stages of Dementia

Learn how dementia progresses and how you can anticipate and respond to the changes while supporting your own needs.

Oct. 9 – Caregiver Challenges: Dementia Day-by-Day

Learn to recognize unmet needs that often cause challenging behaviors.


**Save the Date**

Pancake Breakfast Saturday, October 27, 9-11 AM at Bayview.

**Don’t Miss Not Your Grandma’s Bingo**

Sat., November 10!

This is an amazing event—it’s a raucous night of fun, laughter, and Bingo that raises money to support the programs Island Senior Resources provides to seniors, adults with disabilities, and those who care for them. Buy tickets online now at www.senior-resources.org. Bring your friends!

The event will be Saturday, November 10 at Bayview Hall. Tickets: $16/person, VIP table for 8 for $200.

Food and beverages will be available for purchase.

**Island Senior Resources eNews!**

Join our email list and receive our new monthly eNews the last Friday of every month. It’s full of updates for the month ahead: sales at Senior Thrift, special events, classes, trips, menus, and links to great articles. Sign up online at www.senior-resources.org.

**Learn the Basics of Social Security**

- How and when to apply for benefits
- Types of benefits you may qualify for
- Your Social Security rights
- Benefits based on earnings, spousal earnings (current and former)
- Survivor benefits for widow(er)s and eligible children.

This Island Senior Resources workshop will be presented by Annette Barca who has been conducting pre-retirement seminars for 15 years. Free. No pre-registration required. For more information call 360-321-1600 ext. 0.

**Compare Our CD Rates**

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<tr>
<th>3-month</th>
<th>6-month</th>
<th>1-year</th>
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<tr>
<td>1.76%</td>
<td>2.02%</td>
<td>2.45%</td>
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</table>

- Annual Percentage Yield (APY) effective 08/10/2018. CDs offered by Edward Jones are bank-issued and FDIC-insured up to $250,000 (principal and interest accrued but not yet paid) per depositor per insured depository institution. For each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may result in penalty. Valid applications are subject to credit approval. CDs require the establishment of an account and do not provide for Unpaid Caregivers.

Call or visit your local financial advisor today.

**Volunteers Needed**

Bayview Kitchen: Volunteers are needed in the Bayview kitchen especially on Tuesdays, but also on Monday, Wednesday, and Friday. Hours are flexible; anytime between 11 AM and 1:30 PM. We especially need help loading the dishwasher from 12:30-1:30 PM. Contact Debbie Metz 360-321-1621.

Senior Thrift: Volunteers are needed to assist at card registers and with processing donations. Call Paul Weekly 360-914-3212.

Medical Transportation drivers: Help transport seniors to and from medical appointments. Mileage is reimbursed. Call Pat Weekly 360-914-3212.

**Time Together Adult Day:** Come support seniors and those with developmental disabilities through fun activities, music, games, and stories. Call Mel Watson 360-321-1623.

**Thank You!**

Thank you to all our dedicated volunteers who make such a difference. We celebrated together at our Volunteer Appreciation Luncheon July 19 with a lovely lasagna lunch for all, provided by our Bayview kitchen staff. Musical entertainment was provided by the Parkinson’s singers and The Fun Band. It was a lovely day, shared between friends who all work together to help others. Thank you! Many community members and businesses made this possible. Thanks to:

- The Goose for flowers
- Maple Ridge for desserts
- The Fun Band for music
- Parkinson’s Singers for music
- Linda Barlean from Northwest Regional Council for help with serving and a gas gift card for our raffle
- Freeland Hall for support of the event

**Volunteer Coach**


**Island Senior Resources**

360-321-1600, or 360-678-3373 • www.senior-resources.org

**OAK HARBOR**

Gene Kelly Barner
144 N E Ernst St Suite C
360-675-8239

River Powers
144 N E Ernst St Suite C
360-675-8239

Eric L Schelling
630 Southeast Midway Blvd
360-679-2558

Gregory A Smith, AAMS®
275 SE Cabot Dr A7
360-679-2304

**FREELAND**

Melissa S Cates, AAMS®, 1688 Main St Suite 100 360-331-4450

Kevin B Lungren
1952 Main Street
360-341-4556

**COUPEVILLE**

Chris Renfro
107 S Main Street
360-679-2304

Kristi K Price
1688 Main St Suite 100
360-331-4450

Kevin B Lungren
1952 Main Street
360-341-4556

**Island Senior Resources**

360-321-1600, or 360-678-3373 • www.senior-resources.org

**Learn the Basics of Social Security**

- How and when to apply for benefits
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Join us for LUNCH & LEARN

Presenters will offer information on key topics affecting the lives of seniors, their caregivers, families and friends.

**OAK HARBOR SENIOR CENTER - 11:30 AM**

All Lunch Bunch/Brown Bag Series are open and FREE to the public and begin at 11:30 am to 12:30 pm.

<table>
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<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>Sept. 25</td>
<td>Opportunity Council</td>
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<tr>
<td>Lisa Clark, Director of Island County Opportunity Council, will present about the services they provide. She will go over the different areas in which they help with including energy assistance, housing services, and various other community services they provide. They are an excellent resource so come learn about the ways they can help!</td>
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**AT THE COUPEVILLE HUB - WEDNESDAYS, 12:30 PM – NEW START TIME**

Events begin at 12:30 p.m. at the Coupeville United Methodist Church, 608 N. Main Street at 7th St. Lunch is served every Wednesday at noon (suggested donation $5). Contact Carol Moliter: (360) 678-0636, bigrockdesigns@whidbey.net.

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<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>Sept. 4</td>
<td>Veterans Resources and the Veterans Resource Center</td>
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<tr>
<td>What resources are available for Veterans? Join Cynthia Besaw, Island County Veterans Service Coordinator, as she explores the range of benefits available to our veterans from dealing with emergencies to fuel vouchers to burial assistance.</td>
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<tr>
<td>Sept. 11</td>
<td>Give Smart</td>
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<tr>
<td>We are asked to give to many causes. Join Teresa Giddens from the Secretary of State's Office to learn about how to spot red flags that might indicate a scam and know what to check for.</td>
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<td>Sept. 18</td>
<td>Directives, Wills, and Long-Term Planning</td>
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<td>Doug Kelly, a Clinton Estate Planning Attorney, will discuss things a senior citizen should consider as they think about directives, wills, and long-term planning. You will be better prepared to move forward with your own attorney knowing what things should be considered.</td>
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<tr>
<td>Sept. 25</td>
<td>Trails for Wheelchairs</td>
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<tr>
<td>Explore several local trails that are accessible for wheelchairs, those with a mobility device, or those who just want a relaxing walk in the woods. Many of these trails are accessible by island Transit bus which can carry two wheelchairs each. Want to get out more? Come find out where you could go with Island Transit Mobility Specialist, Maribeth Crandell.</td>
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**ISLAND SENIOR RESOURCES (BAYVIEW) • TUESDAYS, 12:30 PM**

Lunch (optional) will be served 11:45 am – 12:30 pm (suggested donation $5) followed by a free presentation. See our menu section for what is being served for lunch. Come eat, socialize, and learn!

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic and Presenter</th>
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<tbody>
<tr>
<td>Sept. 5</td>
<td>Bingo</td>
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<tr>
<td>Come play Bingo! Aging &amp; Disability Resources will be available 11:30 to 1:30 pm.</td>
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<tr>
<td>Sept. 12</td>
<td>Saratoga Sirens</td>
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<tr>
<td>Jennifer, Cheryl, and Dinah return with their special style and talent for this musical entertainment program featuring songs you remember! Fun and a few tears as memories of your younger years surface, but such a glow afterward!</td>
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<tr>
<td>Sept. 19</td>
<td>Stump Sarah!</td>
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<tr>
<td>Bring a “mystery” trash item from home for Sarah Bergquist, WSU Extension Specialist to identify as recyclable, or not – she’ll explain why! Recycling is changing rapidly. What you thought you knew has shifted.</td>
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<tr>
<td>Sept. 26</td>
<td>New and Old in Israel</td>
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<tr>
<td>Carol Moliter, novice world traveler, will discuss the surprises and pleasures of group travel in one of the world’s most ancient and significant areas. So many misconceptions (perhaps only her’s) are highlighted as well.</td>
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**MEAL SITES & HOURS**

**ISLAND SENIOR RESOURCE CENTER (BAYVIEW)**
14594 SR 525, Langley, WA 98260
360-321-1600
Meals served Mon, Tues, Wed, Fri, 11:45 am

**OAK HARBOR SENIOR CENTER**
51 SE Jerome Street, Oak Harbor, WA 98277
360-279-0367 (kitchen) or 360-279-4580 (Center)
Meals served Mon, Wed, Fri, 11:30 am

**CAMANO CENTER**
606 Arrowhead Road, Camano Island, WA 98282
360-387-0222
Meals served Mon, Wed, Fri, noon

**CAMBEY APARTMENTS**
50 North Main Street, Coupeville, WA 98239
360-678-4886 Ext 28 or 360-321-6661 ext 28
Meals served Mon, Tues, Wed, Fri, 11:45 am

**BROOKHAVEN**
150 4th Street, Langley, WA 98260
360-321-1600
Meals served Mon, Wed, Fri, noon; Thurs, 5 pm

**COUPEVILLE METHODIST CHURCH, FIRST UNITED**
608 N Main St, Coupeville, WA 98239
360-678-4256
Meals served Wed, noon

**HILLSIDE EVANGELICAL FREE CHURCH**
874 Plantation Drive, Greenbank, WA 98253
360-222-3211
Meals served Wed, Fri, 11:30 am

Community Meals offer older adults social opportunities while enjoying a delicious, nutritionally balanced meal.
Community Meals are provided for adults age 60+, their spouses, and caregivers. Donations are appreciated and help fund the program. We suggest a donation of $5.00 or whatever is affordable. All eligible persons are invited to enjoy the meals regardless of their ability to donate.

**MENU - SEPTEMBER**

**WEEK 1**

*5 Suggested donation for meals*

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Holiday- Meal Sites Closed</td>
</tr>
<tr>
<td>Tues</td>
<td>Pesto Cheese Pizza or Pepperoni Pizza</td>
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<tr>
<td>Wed</td>
<td>Teriyaki Meatballs w/Rice</td>
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<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>Cashew Chicken w/Scallions</td>
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**WEEK 2**

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<tr>
<th>Date</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Cincinnati Chili w/Chesse &amp; Salad</td>
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<tr>
<td>Tues</td>
<td>Salad Bar w/ Variety of Vegetables</td>
</tr>
<tr>
<td>Wed</td>
<td>Spinach Lasagna w/Marinara</td>
</tr>
<tr>
<td>Thurs</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>Turkey Tetrazzini</td>
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**WEEK 3**

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<tr>
<th>Date</th>
<th>Meal</th>
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<tr>
<td>Mon</td>
<td>Chile Relleno Bake w/ Cheese</td>
</tr>
<tr>
<td>Tues</td>
<td>Egg Salad on Croissant &amp; Soup</td>
</tr>
<tr>
<td>Wed</td>
<td>Turkey Pot Pie Bake</td>
</tr>
<tr>
<td>Thur</td>
<td>Chef's Choice</td>
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<tr>
<td>Fri</td>
<td>Stuffed Pepper Bake w/ Ground Beef</td>
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**WEEK 4**

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<tr>
<th>Date</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Mandarin Orange Chicken &amp; Rice</td>
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<tr>
<td>Tues</td>
<td>Best Rueben Sandwich</td>
</tr>
<tr>
<td>Wed</td>
<td>Beef Stroganoff w/Mushrooms</td>
</tr>
<tr>
<td>Thur</td>
<td>Chef’s Choice</td>
</tr>
<tr>
<td>Fri</td>
<td>Spaghetti w/ Ground Beef</td>
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</tbody>
</table>

Disclaimer: Island Senior Resources (Bayview and the HUB) offers a variety of information, classes, and presentations, but does not endorse any speaker or vendor. Presentations are meant as an educational opportunity and no solicitation is allowed. We suggest attendees explore a variety of options before making any decisions regarding services. Island Senior Resources will not share your information with any vendor or speaker. If you choose to share your contact information, this is at your own discretion.

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Getting Ready for Medicare?

Will you be going on Medicare in the next 6 months and/or want to know more about Medicare? Attend a free seminar by SHIBA (Statewide Health Insurance Benefits Advisors) volunteers; no pre-registration required. Counselors will answer brief questions following the seminars. Seminars run 2-2.5 hours. For information call: 360-321-1600 ext 0.

ISLAND SENIOR RESOURCES (BAYVIEW): 14594 SR 525, Langley, WA 98260
Tuesday, Oct. 30 • 10:30 AM
Wednesday, Nov. 7 • 10 AM
Thursday, Nov. 15 • 10 AM

OAK HARBOR SENIOR CENTER: 51 SE Jerome St, Oak Harbor, WA 98277
Thursday, Oct. 18 • 10 AM
Tuesday, Oct. 30 • 2 PM (PEBB – Public Employees Benefits Board only)
Tuesday, Nov. 20 • 1 PM
Wednesday, Nov. 28 • 9:30 AM
Tuesday, Dec. 4 • 2 PM
Thursday, Dec. 6 • 10 AM

COUPEVILLE LIBRARY: 788 NW Alexander St, Coupeville, WA 98239
Saturday, Oct. 6 • 11 AM

Free Classes: Medicare 2019

Come learn about the changes in Medicare and Medicare-related plans for 2019 including supplemental plans, Medicare Advantage plans and the Part D drug plans available for Whidbey Island residents.

We will prepare you to choose the best option for you for 2019. Rates and related costs will be discussed, and questions answered. This seminar will be present by SHIBA (Statewide Health Insurance Benefits Advisers) volunteers who work with the Insurance Commissioner’s Office.

For help finding a drug plan for 2019, bring a detailed list of your medications.

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OAK HARBOR SENIOR CENTER ACTIVITIES 360-279-4580

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY
--- | --- | --- | --- | --- | ---
9:00 Yoga | 9:00 Yoga | 9:00 Yoga | 9:00 Yoga | 9:00 Yoga | 9:00 Yoga
9:30 Billiards | 9:30 Billiards | 9:30 Billiards | 9:30 Billiards | 9:30 Billiards | 9:30 Billiards
11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch
2:00 Tai Chi | 2:00 Tai Chi | 2:00 Tai Chi | 2:00 Tai Chi | 2:00 Tai Chi | 2:00 Tai Chi
3:00 Quilting | 3:00 Quilting | 3:00 Quilting | 3:00 Quilting | 3:00 Quilting | 3:00 Quilting
12:00 Lunch | 12:00 Lunch | 12:00 Lunch | 12:00 Lunch | 12:00 Lunch | 12:00 Lunch
3:00 Calligraphy | 3:00 Calligraphy | 3:00 Calligraphy | 3:00 Calligraphy | 3:00 Calligraphy | 3:00 Calligraphy

ISLAND SENIOR RESOURCES (BAYVIEW) ACTIVITIES 360-321-1600 or 360-678-3373 www.senior-resources.org

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY
--- | --- | --- | --- | --- | ---
10:00 Time Together | 10:00 Time Together | 10:00 Time Together | 10:00 Time Together | 10:00 Time Together | 10:00 Time Together
12:15 Reader’s Theater Rehearsal | 12:15 Reader’s Theater Rehearsal | 12:15 Reader’s Theater Rehearsal | 12:15 Reader’s Theater Rehearsal | 12:15 Reader’s Theater Rehearsal | 12:15 Reader’s Theater Rehearsal
1:00 Mahjong | 1:00 Mahjong | 1:00 Mahjong | 1:00 Mahjong | 1:00 Mahjong | 1:00 Mahjong
3:00 Afternoon Tai Chi | 3:00 Afternoon Tai Chi | 3:00 Afternoon Tai Chi | 3:00 Afternoon Tai Chi | 3:00 Afternoon Tai Chi | 3:00 Afternoon Tai Chi

Call Island Senior Resources for instructor contact numbers and information.

DATES AND TIMES OF ALL SCHEDULED EVENTS ARE SUBJECT TO CHANGE. IT’S ALWAYS ADVISABLE TO CALL TO CONFIRM.
TRAVEL LOG

OAK HARBOR SENIOR CENTER
For more information, call the Travel Desk, 360-279-4587

MYSTERY LUNCHES
Wednesday, September 26
Depart: 10:30 AM – Return: 2:30 PM
Member: $20 • Non-Member: $30

SEPTEMBER TRIPS

ADVENTURE BY LAND
Tuesday, September 4
9:30 AM – 5 PM
Member: $40 • Non-Member: $48

On the final adventure, we will keep our feet planted on the ground as we explore the magnificent land around us. The location is still a mystery but Carly will be sure to take you on a hike that engulfs the beautiful nature which surrounds us. We will enjoy the views, take in the fresh air, and enjoy each other’s company. After working up an appetite we will enjoy an included picnic lunch.

VANCOUVER AQUARIUM
Monday, September 10
9 AM – 6 PM
Member: $82 • Non-Member: $95

Prepare to be amazed as we take a trip to the Vancouver Aquarium located in B.C. There are many exhibits to keep your attention all day including sea otters, penguins, snakes, sea lions, sharks, amazon animals, and even dolphins! The Aquarium also features multiple cafés and gift shops so there is something for everyone! You don’t want to miss this experience to get up close and personal with the different sea animals.

BELLEWOOD ACRES FARM & FARM TO GLASS DISTILLERY TOUR
Thursday, September 20
8 AM – 5 PM
Member: $49 • Non-Member: $59

Let’s take a tour of Bellewood Acres! We hope to see salmon run through the locks during their peak season from June through September and enjoy a 1-hour informative tour. After visiting the locks, we will enjoy lunch at Ray’s Boathouse Cafe. Next, we will visit the New Nordic Museum which just reopened in May after a huge renovation! This is our opportunity to visit and gain new appreciation for the history and customs brought to the Pacific Northwest from Norway, Sweden, Denmark, Finland, and Iceland. The museum features stunning architecture designed to resemble a fjord, a 3-story high map of Scandinavia. Viking artifacts, an art exhibit, and a room that has an indoor birch forest with an incredible wall-to-wall video landscape of all the Nordic countries. This will be a fun, informative, and exciting day in Ballard, Washington! Price includes museum entrance, locks tour, and transportation. No host lunch.

ANGEL OF THE WINDS CASINO
Tuesday, September 25
9 AM – 3:30 PM
Member: $27 • Non-Member: $37

Come see Angel of the Winds new non-smoking section in addition to many new slots! You will also receive a $5 slot ticket and a discount on the lunch buffet.

CIRQUE DU SOLEIL VOLTA
Friday, September 28
12:30 PM – 7:30 PM
Member: $135 • Non-Member: $150

Cirque is presenting their new show this year, Volta which is full of talented performers. We have booked exceptional seats right in the heart of the action. The show starts at 4:00 PM under the big top tent at Marymoor Park. We will stop for a late lunch enroute. We will enjoy the two-hour, action packed show. On the way back home, we will make a quick stop for coffee and ice cream. Price includes transportation and ticket. No host lunch.

SALT SPRINGS B.C.
Friday, October 5 - Sunday, October 7
AM (10:00) – PM (10:00)
Prices per person:
Member: Double, $485 • Single: $485
Non-Member: Double, $520 • Single, $720
Join us for an early fall get away to Salt Springs Island B.C. The first night we will enjoy no host dinner overlooking Vashon Bay. On Saturday we will explore the island starting with their farmers market and then by visiting a local artist’s studio and ending at a new ciderery. The last day we will take in the views of the island and take our time as we return home via the Swartz Bay and Anacortes Ferries. Cost includes transportation, ferries, 2 nights at Harbour House Hotel, dinner at Woodley’s (10/6), & breakfast (10/6 & 10/7). Please note: A passport is required.

JIM BRICKMAN HOLIDAY CONCERT
Saturday, December 1
10 AM – 6 PM
Member: $100 • Non-Member: $120

Jim Brickman returns to Seattle for a special Holiday Concert. Tickets must be purchased in advance, to reserve your spot sign up before October 1st.

ANNE
Saturday, December 8
10 AM – 5:30 PM
Member: $54 • Non-Member: $55

With equal measures of pluck and positivity, little orphan Annie charms everyone’s hearts despite a near-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago on the doorstep of a New York
City Orphanage that is run by the cruel, embittered Miss Hannigan. Join us as we watch this production at Lincoln Theater in Mount Vernon. We will stop for a no-host lunch prior to the show.

THE LION KING
Thursday, December 13
8:45 AM – 6 PM
Member: $108 • Non-Member: $125
Come watch the production of the Lion King at Paramount Theater. Tony Award winner, Julie Taymor brings to life this story filled with hope and adventure. It will be sure to have you intrigued and amazed.

AMERICA’S MUSICAL HERITAGE: BRANSON, MEMPHIS, AND NASHVILLE
April 3 – 11, 2019
Special Travel Presentation
September 19 at 1 PM
Double: $2,885 • Single: $3,695
Includes ground and air transportation, lodging including 2 nights at the Opryland Resort, and 13 meals.

This tour features St. Louis city tour, Showboat Branson Belle, Clinton Presidential Library, Graceland, Grand Ole Opry, Country Music Hall of Fame, and much more!

EXPLORE TUSCANY
September 19 – 27, 2019
Double: $3,349 • Single: $3,649
Includes ground and air transportation, lodging, and 10 meals.
Explore the beautiful land of Tuscany on this 9-day tour featuring Montecatini Terme, Florence, winery and cheese farm tours, and a cooking class!

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ISLAND SENIOR RESOURCES
For more information, call 360-321-1600 or 360-678-3373
ISR provides transportation to/from Bayview Hall. Clinton ferry pricing does not include walk-on ferry ticket

CASINO TRIPS IN 2018
All casino trips depart/return from Bayview Community Hall Parking lot.
Depart 9 AM • Return 4:30 PM
Member: $35 • Non-member: $45

QUIL CEDA CREEK
September 11
SKAGIT VALLEY
October 9
SWINOMISH
November 13
TULALIP RESORT
December 11

Oak Harbor Senior Center and Island Senior Resources will be closed Monday, September 3 in observance of Labor Day

Thank you for reading Island Times. Please support our advertisers. Please recycle this publication when you are finished reading it.
WELCOME TO FALL

By Barry Wenaas
Program Assistant, Oak Harbor Senior Center

Well, we know summer is coming to an end when Labor Day arrives and the Oak Harbor Music Festival is here. Hope many of you are able to enjoy this year’s festival.

What a unique summer we have had. Labor Day is always celebrated the first Monday in September. This is also called the “working man’s (woman)” holiday in appreciation for the work you do in or outside of the home, union or non union, big company or small, or government.

The first Labor Day was celebrated in New York City September 5, 1882 and was started by the Central Labor Union of New York City. In 1884, it was moved to the first Monday in September. It quickly became popular and one state after another voted it as a holiday. June 28, 1894, the U.S. Congress voted it to be a national holiday. It is also viewed as an official end of summer and the kids go off to school and summer vacations are over. Labor Day traditions are celebrated with a day off and celebrating one last picnic, closing pools and putting boats away.

One of the special days we celebrate in September is Collect Rocks Day – which occurs the 16th. Did you know we have a very active group of rock collectors at the Oak Harbor Senior Center? They are a great group called the Whidbey Island Rock and Gem Club. They meet every Tuesday evening and the Lapidary group meets every Thursday evening. In February, they present a very impressive gem show for three days at the center. If you are interested, please feel free to come by and see what they have to offer.

October 4, 1894, the 3rd Empire State Building in New York City was built in 2010. Listed as 32nd is the tallest is in Dubai at 2,717 ft, 163 floors and has many of the world’s tallest skyscrapers. The tallest of the world and is one of the holiest days in the Jewish year.

September 6, pick up a book and read. We have a great library system here on the island with Sno-Isle Libraries. Get to your nearest library or senior center to pick up a book. It doesn’t matter where you read the book, just make sure it is in a cozy comfortable place – if you doze off, we won’t tell. Enjoy.

September 8 is International Literacy Day which was originated by United Nations Educational, Scientific and Cultural Organization (UNESCO). The first celebration was Sept. 8, 1968.

The first Sunday after Labor Day, we celebrate National Grandparents Day. It is time to celebrate those special people who are always there with a hug, a kiss, something special, or take us somewhere. It is time to honor our grandparents. As many of them are now special memories, take time to think of some of those memories you have of your grandparents. National Grandparents Day originated in 1978. President Jimmy Carter declared it to be the first Sunday after Labor Day. If you are a grandparent, enjoy a bit of grandchild time if you can! We know many of you play a big role in the life of your grandchild, some even being a primary caregiver. To those who fill this role, a huge happy National Grandparents Day to you. You are amazing!

September 9, 2018, Rosh Hashana begins at sundown and ends September 11. It is the celebration of the Jewish New Year. It creates the creation of the world and is one of the holiest days of the Jewish year.

September 9, we celebrate Newspaper Carrier Appreciation Day. This is a day we honor those who have been trusted by kids and adults to deliver your newspaper! October 26, 1882, President Reagan issued a proclamation naming this day Newspaper Carrier Appreciation Day. If you still enjoy reading your newspaper in print, consider leaving a little something out to thank the person who delivers your newspaper!

How many of you take time to pick up a real book and read? Well, take time out September 6, pick up a book and read.

Remember September 11. I doubt anyone will ever forget where they were the morning of September 11, 2001 when they heard of the attacks on the twin towers of the World Trade Center in NYC and the Pentagon. This holiday day will be etched in our memories forever – like the attack on Pearl Harbor that brought us to WWII, the 9/11 attacks led us into a new war – the war on terrorism. I was in the Panhandle of Florida, and as a Red Cross volunteer involved with blood drives, we were activated to set up centers and man with volunteers – basically 72 hours straight. People were lined up for hours – a steady stream of donors who just kept coming, all asking what they could do and all very patient. This happened nationwide. America came together in an unselfish way.

Do you remember your first teddy bear? Did you take it everywhere; did you cuddle it; sleep with it; talk to it and do favorite things together? Well, the teddy bear has a special day – September 9. It is said no child should grow up without a teddy bear. Many fire department and police departments and EMS vehicles have teddy bears available to soothe children in need. Teddy bears make you feel secure in an otherwise insecure world. Many adults still have their teddy bears. During the early 1900s Theodore Roosevelt was in office as President of the United States. He was a hunter and while hunting in Mississippi in 1902, he refused to shoot a small bear. The Washington Post picked up the story and made a cartoon of the event. Toy store owners, Morris and Rose Michom wrote to President Roosevelt for permission to call their stuffed animal Teddy Bears. Teddy bears became wildly popular and their company came to be known as the Ideal Toy Company, one of the largest toy companies in the world. It is believed teddy bears are very important to children young and old and deserve a day of recognition. Winnie the Pooh is a very famous teddy bear. Don’t forget to take time to have a Teddy Bear Picnic. So, do you remember your first stuffed animal? You had years ago?

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Let us now talk about Positive Thinking Day. This is celebrated September 13, but any day would be great for positive thinking. We need more positive thinkers. The day is about attitude. It's a lot like the ant, when faced with moving a rubber tree plant thought “I think I can.” The power of positive thinking is absolutely astonishing. Medical research confirms a positive attitude works wonders at fighting diseases and ailments. People with an “I think I can” attitude are far more likely to succeed at any task they are given. An unknown author made the following quote: “It takes just a moment to change your attitude. And, in that quick moment, you can change your entire day.”

Also, September 13, we celebrate Uncle Sam Day. There are two theories about its origin: the most popular dates back to Troy, NY in 1812 during the war. Barrels of meat were shipped to soldiers stationed at Troy, NY and they were stamped “U.S.” The supplier was Samuel Wilson of Troy, NY. The soldiers jokingly referred to him as “Uncle Sam.” In 1813, the first image of “Uncle Sam” appeared. In 1961, the U.S. Congress issued a resolution recognizing “Uncle Sam” Wilson, and authorizing a monument in his hometown in Troy, NY.

September 17, we celebrate Citizenship Day. February 29, 1952, President Harry Truman signed a bill establishing September 17 of each year as Citizenship Day. February 29, 1952, President Harry Truman signed a bill establishing September 17 as Citizenship Day. The day was moved and renamed Citizenship Day. In 1961, the U.S. Congress issued a resolution recognizing “Uncle Sam.” Wilson, and authorizing a monument in his hometown in Troy, NY.

What better day to celebrate Citizenship Day than with an apple dumpling. It, too, is celebrated September 17. It is such a tasty fall treat – easy to make and delicious to eat. Enjoy!

Now that you have had your sweet treat, you can indulge with a juicy cheeseburger. September 18, we can top off with America’s favorite sandwich. Look for specials at your local restaurants. You can enjoy them for lunch or dinner or really anytime of the day. Be adventurous and try different types of cheese.

September 21, we celebrate International Peace Day which seeks a global cessation of violence and war. This is celebrated in hundreds of countries, all with the same goal in mind...to stop war and violence. Created and sponsored by the United Nations, this day seeks to end war, starting today. Wouldn’t it be wonderful if this day would succeed and spread country-by-country, day-by-day, until there is no more war or violence? Former Beatle John Lennon had the right vision in his song “Imagine.”

Also, this day is World Gratitude Day. It is your opportunity to show your gratitude and appreciation. We hope you will find something to be grateful for and remember the feeling.

There are a lot of funny days coming up, such as Elephant Appreciation Day September 22; Hobbit Day also the 22nd; International Rabbit Day. Did you know rabbits are the third most popular pet behind dogs and cats. Animal rights groups and Humane Societies are active promoters for International Rabbit Day. Their object is to promote healthy and caring environments for rabbits.

I hope you will be able to enjoy the beautiful Fall colors and wonderful Fall food events within our island and state.

**Whidbey Art Party: Leaping Orca**

Come join professional painter Amy Hauser for a one of a kind art party! This month she will instruct you through “Leaping Orca.” Absolutely no experience is necessary, anyone can join in the fun! Amy will give you step-by-step instructions to create your very own hand-painted canvas which is yours to keep. All materials are provided in the class including the canvas, instructions, painting materials, and refreshments. Whether you are wanting to try something new or an experienced painter, this class is for you! Join us September 12, 2018 from 6:00 – 8:00 PM at the Oak Harbor Senior Center. The cost is $40 for OHSC Members and $45 for Non-Members. To sign up, stop by the Oak Harbor Senior Center or visit whidbeyartparty.com.
Chuck and Suzanne Hathaway play a friendly match of pool.

Is Staying Active and Independent for Life your goal?

GET “S.A.I.L.”ing

Staying Active and Independent for Life (SAIL) is an evidence-based exercise program for adults 65+. SAIL improves strength, balance, and fitness that can be done standing or sitting. Why is SAIL key for our community? Island County’s population age 60+, is 82,790. It is 55-percent above the state average. Falls among older adults are common; one in four (45%) fall each year costing $50 billion annually – $9 billion Medicaid, $12 billion private/out of pocket, $29 billion Medicare.

In Washington State, one in three older adults fall every year. In 2016, there were 19,060 fall-related hospitalizations and 887 fall-related deaths. The leading risk factors for falls are decreased leg strength and balance; unsafe home environment; taking more than four medications; fear of falling; vision problems; decreased sensation in feet, malnutrition, alcohol and substance misuse, cognitive impairment, advanced age, previous falls, especially with injury and chronic conditions.

So, now that we know the stats, we can see how important a good exercise program is to keeping us independent! The Oak Harbor Senior Center SAIL class meets twice a week, Tuesdays and Thursdays at 2:30 p.m. for one hour. In the hour workout, you will get: warm up, gentle aerobics, balance/cold down, strength, flexibility, and education.

We have found many of the participants feel better about themselves, have more confidence in themselves and have been able to participate in more activities then when they first began the program. As an example, one of our participants could not tie her shoes and after a few weeks of attending SAIL, she now ties her shoes and is able to touch her toes comfortably. Another participant had issues with falling and can now balance himself, and has not had any additional falls. Several of the participants have noticed their self-esteem and several who came in with walkers/canes, have been able to do the exercises without their devices. We find SAIL is a great continuation after leaving physical therapy. It helps participants stay motivated and moving and not become stagnant and stiff. This is a great class for those just starting an exercise program. We encourage anyone to come visit our class and see if this would be beneficial to you. The class is $20 a month for members of the Oak Harbor Senior Center ($40 for a year membership). Members who have Silver and Fit can have the $20 a month class fee waived! September is Falls Prevention Month, and SAIL is a great program to help prevent falls! The class is $20 a month for members of the Oak Harbor Senior Center ($40 for a year membership). Members who have Silver and Fit can have the $20 a month class fee waived! September is Falls Prevention Month, and SAIL is a great program to help prevent falls.

Chuck piped in saying, “Us as a couple have a place to travel together, play pool, go to dances, and that is so important.” As you can see, the Oak Harbor Senior Center isn’t just a building to them, it is where they find community and make memories. As the Program Coordinator I get to see these stories be made every day at the Center and it is really what makes my job so special. I love to see the friendships made, the new skills learned, and the purpose this place gives older adults. I think it is so important we recognize the Senior Center because it really is such a special place. We really appreciate each one of our members and are so fortunate to have the opportunity to be a part of this center with you. Thank you for making this place possible.

A perfect fit. Chuck and Suzanne have with his love for adventure it would be making this place possible.

As an example, one of our participants could not tie her shoes and after a few weeks of attending SAIL, she now ties her shoes and is able to touch her toes comfortably. Another participant had issues with falling and can now balance himself, and has not had any additional falls. Several of the participants have noticed their self-esteem and several who came in with walkers/canes, have been able to do the exercises without their devices. We find SAIL is a great continuation after leaving physical therapy. It helps participants stay motivated and moving and not become stagnant and stiff. This is a great class for those just starting an exercise program. We encourage anyone to come visit our class and see if this would be beneficial to you. The class is $20 a month for members of the Oak Harbor Senior Center ($40 for a year membership). Members who have Silver and Fit can have the $20 a month class fee waived! September is Falls Prevention Month, and SAIL is a great program to help prevent falls!